



# CERTIFICATE OF ACHIEVEMENT

This is to certify that

**Caroline McFarland (49y)** 

has successfully competed in  
**IISA Ireland 1k National Championships**

Wild Water Armagh

26-Jan-2019

**1000m Freestyle in 17:48.28 minutes**

Overall 2nd / Age Group (45-49y) 1st

Category Women

Open Water Course

Water 4.90°C, Wind Chill 5.90°C



**Ram Barkai**  
IISA Chair

*Ireland*  
*Chair & Board*

